

Kitchen Conversions

Your guide to measuring with confidence.



SPOONS & CUPS

3 teaspoons	1 tablespoon
2 tablespoons	1/8 cup
4 tablespoons	1/4 cup
5 tablespoons + 1 teaspoon	1/3 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup



COMMON BAKING WEIGHTS

1 cup all-purpose flour	120 g
1 cup granulated sugar	200 g
1 cup packed brown sugar	213 g
1 cup confectioners' sugar	113 g
1 cup butter	227 g
1 tablespoon butter	14 g

Approximate weights; flour is spooned and leveled.

GOOD TO KNOW



Fluid ounces measure volume.
Regular ounces + grams measure weight.
Ingredient weights vary. Use a kitchen scale.



CUPS, FL OZ & mL

1/4 cup	2 fl oz 60 mL
1/3 cup	2 2/3 fl oz 80 mL
1/2 cup	4 fl oz 120 mL
2/3 cup	5 1/3 fl oz 160 mL
3/4 cup	6 fl oz 180 mL
1 cup	8 fl oz 240 mL



LARGER MEASUREMENTS

2 cups	1 pint
4 cups	1 quart
16 cups	1 gallon



OVEN TEMPERATURES

300°F	150°C
325°F	165°C
350°F	175°C
375°F	190°C
400°F	205°C
425°F	220°C
450°F	230°C

MEASURE IT RIGHT



DRY CUPS

Spoon in + level off



LIQUID CUP

Read at eye level



KITCHEN SCALE

Press TARE first

